



We get our fair share of cold evenings and mornings here in Australia and so it is incredibly important that you keep yourself warm. Most importantly, we need to make sure that we get a good night's sleep and some of that should include at least one hour of deep sleep. In many cases, we are either too hot or too cold and so we are tossing and turning all night and we are exhausted the next morning. The vast majority of us go to sleep at night and when that happens, our bodies produce a hormone called melatonin and this tells our body to stop dropping our body temperature.

This is why you need to invest in [double quilt covers](#) to keep you and your family members at the right temperature all night long. Anything that interferes with your sleep cycle will leave you feeling incredibly tired first thing in the morning and you won't be able to do your best at your work and your kids won't be able to concentrate in school. This is just one way to keep yourself warm on the cold winter nights and the following are just some other suggestions.

- **Invest in an electric blanket** - Sometimes your quilt isn't enough and a good investment is to buy yourself an electric blanket that can preheat the bed for you before you even get in. You can set the temperature to what is comfortable for you and while some people just turn on the blanket at the beginning of the evening and then they turn it off, others like to put the temperature down and leave it on all night.

- **Have a hot drink** - Your grandparents probably told you when you were younger that having a cup or glass of warm milk before you go to bed will help you to get a good night's sleep. This was excellent advice back then and it is still good advice even today. Make sure however that you enjoy a drink that has no caffeine because this will help to keep you up all night and that is not what you want.

- **Put on a pair of socks** - You probably notice that your feet are incredibly cold at night

and so one way to combat that is to wear some socks to bed. Putting on your socks will actually send a signal to your brain that it's time to sleep and so you will find yourself nodding off more easily once your socks are on. Some stretching before you get into bed is a great way to get the blood flowing a little bit to encourage sleep.

Another great suggestion is to have a hot shower or a bath shortly before bedtime and this will help to calm your muscles and also your mind. Everything is all about finding balance and so when you go to bed try to make sure that you are both comfortable and the room is at the right temperature.